



July, 2014



John Adams, the second President of the United States was no stranger to the “toil, blood and treasure” that freedom cost the American people. Yet still, he and many others had the courage to craft and sign the Declaration of Independence. His effect on our lives through our freedom is still celebrated today.

**“It ought to be celebrated,”** Adams wrote, **“with pomp and parade... bonfires and illuminations from one end of this continent to the other.”** He would probably approve of the way that we celebrate. Happy 4<sup>th</sup> of July!



### Hyperthermia: Too Hot For Your Health

Source: The National Institute on Aging (NIA)

During the summer, it is important for everyone, especially older adults and people with chronic medical conditions, to be aware of the dangers of hyperthermia. Hyperthermia is an abnormally high body temperature caused by a failure of the heat-regulating mechanisms in the body to deal with the heat coming from the environment. Heat stroke, heat syncope (sudden dizziness after prolonged exposure to the heat), heat cramps, heat exhaustion and heat fatigue are common forms of hyperthermia. People can be at increased risk for these conditions, depending on the combination of outside temperature, their general health and individual lifestyle.

Older people, particularly those with chronic medical conditions, should stay indoors, preferably with air conditioning or at least a fan and air circulation, on hot and humid days, especially when an air pollution alert is in effect. Living in housing without air conditioning, not drinking enough fluids, not understanding how to respond to the weather conditions, lack of mobility and access to transportation, overdressing and visiting overcrowded places are all lifestyle factors that can increase the risk for hyperthermia.

People without air conditioners should go to places that do have air conditioning, such as senior centers, shopping malls, movie theaters and libraries. Cooling centers, which may be set up by

local public health agencies, religious groups and social service organizations in many communities, are another option.

The risk for **hyperthermia** may increase from:

- Age-related changes to the skin such as poor blood circulation and inefficient sweat glands
- Being substantially overweight or underweight
- Dehydration
- Heart, lung and kidney diseases, as well as any illness that causes general weakness or fever
- High blood pressure or other health conditions that require changes in diet. For example, people on salt-restricted diets may be at increased risk. However, salt pills should not be used without first consulting a physician.
- Reduced perspiration, caused by medications such as diuretics, sedatives, tranquilizers and certain heart and blood pressure drugs
- Use of multiple medications. It is important, however, to continue to take prescribed medication and discuss possible problems with a physician.

**Heat stroke** is a life-threatening form of hyperthermia. It occurs when the body is overwhelmed by heat and is unable to control its temperature. Heat stroke occurs when someone's body temperature increases significantly (above 104 degrees Fahrenheit) and shows symptoms of the following: strong rapid pulse, lack of sweating, dry flushed skin, mental status changes (like combativeness or confusion), staggering, faintness or coma. Seek immediate emergency medical attention for a person with any of these symptoms, especially an older adult.

**What to Do in an Emergency:** If you suspect someone is suffering from a heat-related illness...

- Get the person out of the heat and into a shady, air-conditioned or other cool place. Urge the person to lie down.
- If you suspect heat stroke, call 911.
- Apply a cold, wet cloth to the wrists, neck, armpits and/or groin. These are places where blood passes close to the surface of the skin, and the cold cloths can help cool the blood.
- Help the individual to bathe or sponge off with cool water.
- If the person can swallow safely, offer fluids such as water or fruit and vegetable juices, but avoid alcohol and caffeine.

The Low Income Home Energy Assistance Program (LIHEAP) within the Administration for Children and Families in the U.S. Department of Health and Human Services helps eligible households pay for home cooling and heating costs. People interested in applying for assistance should contact their local or state LIHEAP agency or go to <http://www.acf.hhs.gov/programs/ocs/liheap>. ...Today's Caregiver, 7/03/2014



**Caregivers:** Your attitude can be the biggest challenge to taking care of yourself and doing the best for your loved one. Be realistic. Be positive.

... American Heart Association, May, 2014



### **Gift Idea for Caregivers**

Recently in the caregiver support group that Annetta and I host, we gave the caregivers a gift to cheer them on through the summer until we meet again in September. We wanted it to be a simple gift with no work involved. . .a pot of succulents. We painted clay pots with different designs and sprayed them with a sealant. Then our local greenhouse planted them with succulents.

Succulents are desert plants and thrive in hot, dry places with lots of sunshine. Succulents come in a variety of colors, but for those kept indoors use the green ones. Water your succulents sparingly, allowing the soil to dry out completely between watering. They don't like to be watered often. The soil should be allowed to dry completely before getting another drink.

Easy care. . .fun to watch grow. Nice gift idea!

### **Recipe Corner**



#### **Orange Delight**

*A cool tasty salad can be found in this easy recipe. Serve on lettuce leaf.*

- 1 small tub small curd cottage cheese
- 1 8 oz. tub Cool Whip
- 1 3 oz. pkg. orange jello
- 1 small can mandarin oranges, drained

Mix jello powder in cottage cheese. Add mandarin oranges. Fold in Cool Whip. Chill. Serves approximately 6.



#### **Easy Strawberry Freezer Jam**

- 2 cups mashed strawberries
- 4 cups sugar

Combine the above ingredients and let stand 20 minutes. Stir occasionally.

1 pkg. pectin

1 cup water

Combine the two ingredients and bring to boil. Stir constantly and allow to boil for 1 minute. Remove from heat. Add berry mixture and stir 2 minutes. Pour into freezer containers and cover. Let stand 1 hour. Refrigerate till set, and then freeze. Makes 5 – 6 ½ pints.



### **When Your Heart Is Breaking**

The phone rings, the text comes, the email arrives and suddenly your world is flipped upside down. Tears fill your eyes and your heart silently whispers, *“Where are you, God?”*

And his answer is always the same: *“Right here with you.”*

He’s there in the disappointment.

He’s there in the darkness.

He’s there even when you can’t feel him.

He understands what you’re going through. *The hurt. The anger. The fear.* The not-knowing-what’s-next. Your emotions aren’t an affront to him. After all, he created them. Instead your feelings bring forth his compassion. *Jesus weeps with you as he did with the friends of Lazarus even though he knew a resurrection was coming.*

Others may tell you to just hang on, to hold it in, to just move forward. *But the God who scattered stars into evening skies comes in the night of our souls and simply grieves with us.*

Whatever you’re facing today, you’re not alone. *God is not waiting for you to get over it. Instead he’s placing his love over you and longing to draw you close.*

*... Sharing a thought from Holly Gerth, May 30, 2014*